

News Release for Immediate Release or Next Issue
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River Valley Extension District
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Adult Mental Health First Aid Training

Do you work with people or families? Enhance your people skills. Plan to attend the upcoming Adult Mental Health First Aid Training. A class is scheduled on Friday, April 26th at St. Paul's Episcopal Church (6th & Clark) in Clay Center. There is also a Training on Thursday, June 20th in Washington at the FNB Meeting Room (101 C Street). The class hours are 8:30 a.m.-5:00 p.m., and there is a small fee for the Training – which includes lunch.

Adult Mental Health First Aid teaches participants to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives a person the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Pawnee Mental Health staff will present the training. The Adult Mental Health First Aid Training is provided by a Culture of Health Grant from K-State Research & Extension.

To register for the Clay Center training, call the Clay Center River Valley Extension District Office at 785-632-5335. If you plan to attend in Washington, call the Washington River Valley Extension District Office at 785-325-2121.

Registration is on a first-come, first-serve basis and is limited to 25 people per location. For questions, contact Washington District Extension Agent, Sonia Cooper at 785-325-2121 or srcooper@ksu.edu, or contact Clay District Extension Agent, Deanna Turner at 785-632-5335 or dturner@ksu.edu. All interested men and women are invited to attend!